



This is the *Health Matters* podcast.

The 3 biggest mistakes that keep health conscious Christian women overweight and overwhelmed.

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about how well intentioned Christian women waste countless of hours feeling frustrated and overwhelmed because they spend thousands of dollars each year trying to lose weight and get healthier but they keep spinning their wheels. This session will identify the top 3 mistakes and give women practical strategies so they can feel empowered and victorious.



This week we're talking with Cathy Morenzie. Cathy, a noted personal trainer, author, blogger and presenter, has been a leader in the health and wellness industry for nearly 30 years. Her impact has influenced thousands of people over the years to help them lose weight and develop positive attitudes about their bodies and about fitness.

Allow her to help you to reach your health and wellness goals through her book, 'Healthy by Design: Weight Loss, God's Way,' her online programs, or personal coaching. Learn more at www.cathymorenzie.com. Welcome Cathy.

Cathy

Hey Kim. How are you today?

Kimberley

Good. How are you?

Cathy

I am doing great thank you.

Kimberley

Glad to have you. So let's just jump right into it. Why do you think the issue of weight loss seems to be especially challenging for Christian women?

Cathy

Christian women have—I'm going to say we because that includes me—we have some unique challenges that are wonderful blessings, however, they get in the way sometimes and they can hinder us. As Christian women we're taught to be nice, kind and giving and that's part of our ministry. But sometimes it gets in the way and sometimes we can take it to the extreme. For example, we over-give so we're always there for others because as Christians that's what we're taught. We overextend ourselves, we have a difficult time saying no. And I would say that Christian women more so than other women because it seems very un-Christian sometimes. And so we give so much of ourselves that we don't have enough time for ourselves to take care of our own health, to take care of our own body, to take care of exercise to take care of our temples. It's quite a unique situation where this wonderful quality about us can get in the way of our health. You know what I mean?

Kimberley

Yeah, yeah.

Cathy

I was also going to add the added frustration in traditional weight loss programs. They don't work so you're left feeling bad. But even the added—for Christian women of our faith—so when you add that layer of our faith and then you try and lose weight and again you find it's not working we now start questioning our faith also. So not only are we questioning why are the diets not working through exercise and eating like we're taught but we also have the additional frustration of saying, "Wait a minute, I'm also praying and I'm still not losing weight." So it calls into question our own faith.

So I find those two things, our over-giving and sometimes questioning our faith because it's not helping us sometimes so it makes two unique challenges for Christian women.

Kimberley

What would you say are the biggest mistakes that Christian women make?

Cathy

I have about 10 but let me give you the top three. The first one, I call it “stinkin’ thinking”. What that means is that we’re focused on the right things to do to lose weight that we’re taught and everybody knows like exercise and eat right. But then there’s the whole issue of the mindset that we don’t look at. We don’t renew our minds. We don’t pray. We don’t look at what we’re actually thinking. So our thoughts come in and they actually can affect our progress, our weight loss results. So we want to do something but our minds are telling us we can’t do it. Or we’re speaking negatively about ourselves. Or we have thoughts that we’ll never be good enough. And these thoughts are actually getting in the way of our results. Because if you’re thinking, you can only be as vigilant as your thoughts. I’d like to say it’s impossible to think rightly and achieve a healthy weight. And so until we renew our minds, until we learn how to think well of ourselves as God thinks of us we’re going to keep spinning our wheels.

Kimberley

Now you said there are three mistakes, three of the ten. What are the other two?

Cathy

The second one I call, “Surface Scratching”. What I often tell women is until you can understand why you do what you do you’re going to remain stuck. And is for weight and for other areas of our lives. What women do is they just scratch the surface. So they say, “Okay, I want to get healthy. I want to lose weight.” But they only look at what’s quick, what’s easy. Let me go on another diet. But they don’t go deeper into the root causes of just why they’re overweight, just why they can’t stop themselves from eating, just why they eat emotionally. There’s a list of reasons that are a lot deeper than just the simple, the traditional, eat less exercise more. A lot of us don’t go beyond, they just stay and only skim the surface.

And the third one—I’m trying to pick out of the ten—would be “Auto piloting” I call it. What auto piloting means is that we just do what we do everyday on automatically. So you wake up, you grab something quick to eat, and you don’t think about what you’re eating, you don’t take the time to pray. And this is because of the busyness. We’re just going and going and going. So we’re not taking the time to stop and notice what we’re doing. We don’t take the time to notice why we’re doing it. We don’t take the time to prepare healthy foods. Living on automatic-pilot means we’re just not in control of our food choices. And most of the times we’re just so overwhelmed in our day-to-day living that our health doesn’t even make it on our to-do list. And that leaves feeling very out-of-control and the overwhelm comes in again.

Kimberley

I like your titles! Number one: Stinking Thinking. Number two: Surface Scratching. Number three: Auto piloting. Very interesting titles that do stay with you for sure.

Why would you say that Christian women specifically are so overwhelmed?

Cathy

It kind of goes back to what I was saying earlier is that as children it was, “Be nice. Be a nice little Christian girl.” And we grow up with some of those beliefs which are good—which are amazing and they’re wonderful qualities. But we take them overboard and because of this belief that we should be

nice, when you don't learn how to say no, you don't say yes to yourself. And when you can't say yes to yourself then you're really not taking good care of yourself. And so we have to learn how to put boundaries around our health so that we can take the time to eat right, so that we can even take time to have prayer in the morning, so that we can take the time to shop for the right foods, so that we can take the time to exercise. I think that's one of the biggest lessons that we can learn is learning to say no to ourselves.

Kimberley

I like what you said there, "When you can't say no you don't say yes to yourself".

What can Christian women do to overcome these mistakes?

Cathy

Let me take them one at a time. So with "Stinkin' Thinking" we have to renew our mind with the word of God. We have to take some time. First of all we need to be conscious of it because we don't even realize what we're thinking. We don't even realize that we have these beliefs that we can't do it. We don't realize that we become the brunt of our own jokes. In conversations we say things about ourselves that are just so not in line with who God created us to be. So the first thing is to get conscious of the negative thoughts you're having about yourself. And then when you catch yourself doing that say something from the word of God to combat. So you might say, "I am an overcomer" when you see yourself saying, "I can't do it". Say, "I have the mind of Christ". Keep telling yourself you have the mind of Christ. Use scripture, "I can do all things through Christ who strengthens me." To combat the "Stinkin' Thinking" the word of God is always going to trump the negative things that you say about yourself.

To overcome the "Surface Scratching" it's getting to the root. Have the courage. And it's tough because the reason why we stay on the surface is because when we go deeper it's tough. We buried it for a reason, it's painful. And so we partner with the Holy Spirit. There's a scripture that I love, "Search me oh God, know me and know my anxious thoughts." Ask God to show you those things in you that you've hidden that you are not even aware of. And they're really at the root of why you do what you do. So pray for wisdom about some of the limiting beliefs that are holding you back. And limiting beliefs are thoughts that you have about yourself direct your habits, that direct the things you do. So pray and search for wisdom in allowing the Holy Spirit to show you just what are those things that are limiting you from reaching your goals. And that's what it means to go deeper instead of scratching the surface.

And the last one, autopilot. How do you come off autopilot? Well some of the simple things that we've taken for granted like praying before you eat. So instead of saying, "God bless this food" asking for self-control before you eat a meal. As you wake up in the morning, just give your health over to God. "Lord, direct my day. Help me to make good choices. Help me to look for ways to be more active." Include your health in your morning prayer. Even as you go throughout the day, when you have that attitude of gratitude about your health and you realize that, "Look at me, I can move. I can exercise. I have the freedom to eat foods." When you include God in your day and the health aspect—so if you take those three together, "God be with me as I go throughout my day. I want my body to honour You. I want my health to glorify You and honour You" then it takes you out of that automatic, okay I got wake up, I got to shower, I got to get to work, I got to feed the kids. You get out of that routine by noticing, "Okay Lord, my health is important and that's why I'm turning it over to You." It really changes your perspective on your health because so often you don't even think about it.

And I just want to add a big thing and that's to breathe. A big breath in, and exhale. And when you can do that and tie that breathe to a small little, "Holy Spirit be with me" or "Thank You God". So tie the breath in throughout the day to just kind of give you a pause in that day. And that can get you off the automatic pilot but just saying, "Okay I'm going to stop and I'm going to take a breath." And right there, you've just settled yourself, you've just come out of autopilot and you've tied yourself back into the power of the Holy Spirit.

Kimberley

Wow, those are fantastic strategies. I love the "breath pause". And I love the idea of including your health in your morning prayer. You're right, it's so easy to be creatures of habit and just go on autopilot so those are fantastic strategies.

Now, we're going to move on to the BEEP round. Cathy will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

Cathy

Well for Bible study, what I like to do is to search out specific topics around health or around an area that I might be struggling with. As we talked about noticing earlier, notice if it's a self-esteem challenge that you're having. Is it an anger issue that you're having with your health that is causing you to eat. Is it even laziness? If it's laziness call it that. Take some time and search the scriptures and study what God's word says about those particular areas about health that is affecting your health and causing you to be overwhelmed or overweight. Even search out the word overwhelmed. What does the Bible say about that? And then use that to minister to you as you go on about your day.

Kimberley

Wonderful. And your quick tip about eating healthy?

Cathy

Eating healthy, easy—track it. I always say, "If you can't measure it you can't manage it." So track what you're eating. Take the time, write it down, plug it into one of the many apps available but you've got to track what you're eating in order to stay on top of your health.

Kimberley

"If you can't measure it you can't manage it". I love it!

And your quick tip for exercise?

Cathy

My quick tip for exercise would be to look for ways to move throughout your day. I like the gym but I actually tell most of my clients, forget the gym, go for a walk. What can you do throughout your day to

find ways to move. Become inefficient. Take the laundry up the stairs one sock at a time. Get an inefficient habit so you can look for more ways to move throughout your day.

Kimberley

I like that, become inefficient. You never really hear that, do we?

Cathy

No, you know you want to take in all the groceries at once right? Well, take it in one bag at a time.

Kimberley

Alright. And your quick tip for prayer?

Cathy

My quick tip for prayer would be to allow prayer to set your tone for the day. That is the time where you take the time to ground yourself and as I was saying earlier include your health into your morning prayer and let that be the tone. Once you make health part of your morning prayer, that's going to set the tone for whether you're going to eat the chips or the salad. Because you've already turned it over as you started your day. Allow it to set the tone by including health into your morning prayer.

Kimberley

Beautiful. Now, I understand that you have a gift for our listeners. Can you tell us about that?

Cathy

I do. As I was preparing for this podcast I actually had 10 mistakes—actually I had nine, I narrowed it down to nine. It was difficult for me to decide what the three were going to be but I actually have nine big mistakes that Christian women make and so I'm offering your listeners all nine of them that I've put together in a special report. And they can go right to the link, it's <https://cathymorenzie.leadpages.co/healthy-woman-report-kimberley-payn/> and they can download that report that has all nine of the top mistakes that Christian women make that keep them overwhelmed and overweight. So that is my gift to all of your listeners.

Kimberley

That's fantastic. I'll definitely be getting a copy myself. I will put the link in the show notes too if anyone missed that. Thanks again to Cathy Morenzie for her expert advice and thank you for joining us today.

This interview has been brought to you by JumpStart – a catalyst to launch you into a daily spiritual & physical routine. You can discover more about this free program and other health programs at www.kimberleypayne.com.

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This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at www.kimberleypayne.com

